

## **Testimonials**

*"I have gotten better results with two 20-minute sessions per week than I did with four 90-minute sessions at the regular gym."*

**Scott C. - age 50**

*"I'm now able to get in and out of my car without the throbbing knee pain I tolerated for years."*

**Anita E. - age 67**

*"I'm no longer just the official family photographer...I'm strong enough to join in the fun."*

**Lisa W. - age 40**

*"At first, I was a bit intimidated by the machines, but they were actually very easy to learn and perform. I feel better now than I have in years!"*

**Barb V. - age 68**